

## Sažeci radova / Abstracts

health in the local population. They do so by measuring blood pressure and informing the folk about healthy lifestyles. At the same time, the project "Be cool, don't be a bully" is being held in local primary schools. Within it, medical students promote tolerance in order to lower the rates of peer violence.

The Croatian Student Summit (CROSS) is the biggest project organized by the Student council. CROSS is an international scientific congress for students and young scientists in the field of biomedicine. Like "Štamparovi dani", CROSS too deals with different topics each year, and 2018's congress' topic pertained to public health: Health Promotion. Almost 400 students have attended the congress, during which they have learned something interesting and new about this always hot topic.

Additionally, the Student council is proud that it was none other than Zagreb's School of Medicine that has in 2016, in collaboration with the University of Zagreb, started a promotional-preventive program "Healthy University". The program was designed to demonstrate the importance of their health to students and to help them learn how to stay healthy.

In the end, it is important to note that two years ago, the Student Society for Public Health "Andrija Štampar" was established at our School of Medicine. Its founders were members of the Student council.

### AKTIVNOSTI STUDENTSKE SEKCIJE ZA JAVNO ZDRAVSTVO „ANDRIJA ŠTAMPAR“

**Deni Rkman<sup>1</sup>**

<sup>1</sup>Sveučilište u Zagrebu, Medicinski fakultet, Šalata 3, 10 000 Zagreb, Hrvatska  
denirkman@gmail.com

Potaknuti željom da doprinesemo javno-zdravstvenoj aktivnosti među studentima, educiramo zajednicu, doprinesemo društvu te potaknemo raspravu o različitim temama iz područja javnog zdravstva počeli smo 2017. godine s našom vizijom i projektima. Velika motivacija i inspiracija nam je lik i djelo akademika Andrije Štampara čiji ideje želimo provoditi i u ruhu 21. stoljeća. Škola narodnog zdravlja „Andrija Štampar“ je od početka prepoznala našu volju i želju te nas je u potpunosti podržala od samog početka.

Dvije godine sudjelujemo u međunarodnom projektu *Movember*, a ove godine smo organizirali zajedno s partnerima tribinu o muškoj neplodnosti gdje smo dali presjek ove problematike iz različitih perspektiva. Cijepljenje kao jedna od najaktualnijih tema današnjice predmet je i našeg rada. Iz tog razloga smo organizirali tribinu *Cijepljenje – kontroverze vs. činjenice* gdje smo uz pomoć stručnjaka iz ovog područja prikazali važnost i nužnost cijepljenja za ljudsku populaciju, te ukazali na nedorečenosti i znanstvene nepotkrijepljenosti stavova protivnika cijepljenja. Sudjelovali smo i na stručnom skupu *Izazovi procijepljenosti u Republici Hrvatskoj – Kako zaštititi javno zdravlje?* gdje smo zajedno ostalim dionicama sustava nastojali pronaći rješenja za izazove s kojima se medicina susreće danas. Svjesni važnosti preventivnog djelovanja, već dvije godine podržavamo međunarodni simpozij *Štamparovi dani – Zdravi stilovi života* gdje sudjelujemo u javnozdravstvenim akcijama. U želji da studente medicine i opću populaciju upoznamo s načinom financiranja zdravstvenog sustava, troškovima u zdravstvu i činjenicom da svaka dijagnostička pretraga košta, organizirali smo tribinu *Koliko košta zdravstvena zaštita?*. U sklopu promotivno-preventivnog programa Zdravo sveučilište organizirali smo tribinu *Gdje je nestao projekt Sveučilišne bolnice* želeći istražiti što se s navedenim projektom događalo tijekom vremena i zašto je stao jedan od strateških Ciljeva grada Zagreba i Republike Hrvatske. Također, organizirali smo tribinu zajedno sa Studentskim zborom Medicinskog fakulteta Sveučilišta u Zagrebu, na temu staža - *Stož doktoru medicine*. Na toj tribini govorilo se o problemu koji trenutačno najviše zaokuplja studente medicine. Vrhunac našeg djelovanja je portal *Pitaj Andriju!*. Projekt je osmišljen po principu „studenti za studente“ kao prvi javnozdravstveni portal namijenjen studentskoj populaciji koja je kao najzdravija populacija često zanemarena unutar zdravstvenog sustava. Držimo i predavanja zdravstvenog odgoja na temu reproduktivnog zdravlja u srednjim školama. Nakon što naši članovi prođu edukaciju o spolno prenosivim bolestima i reproduktivnom zdravlju dolaze u škole gdje učenike educiraju o ovoj važnoj javnozdravstvenoj tematici. Organiziranjem tribine *Zdravlje za sve u 21. st. - Rano otkrivanje raka dojke* nastojali smo zainteresiranoj populaciji dati odgovore na pitanje o ovoj tematici te predstaviti trenutnu situaciju u Hrvatskoj i svijetu.

ACTIVITIES OF STUDENT SECTION FOR PUBLIC HEALTH  
"ANDRIJA ŠTAMPAR"

Deni Rkman<sup>1</sup>

<sup>1</sup>University of Zagreb, School of Medicine, Šalata 3, 10 000 Zagreb, Croatia  
denirkman@gmail.com

Inspired by the desire to contribute to public health activities among students, educate the community, contribute to society and encourage discussion on various topics in the field of public health, we started with our vision and projects. Our great motivation and inspiration is the character and work of academician Andrija Štampar whose ideas we want to implement in the 21<sup>st</sup> century. National School of Public Health "Andrija Štampar" has recognized our will and desire from the beginning and has fully supported us from the outset.

We have been participating in the international project *Movember* for two years and this year we have organized together with our partners a forum on male infertility where we gave a cross-section of this issue from different perspectives. Vaccination as one of the most current issues of nowadays is the subject of our work. For that reason we have organized the *Vaccination - controversy vs. facts* where we with the help of experts in this field showed the importance and necessity of vaccination for the human population, and pointed out the imprecision and scientific incompetence of the attitudes of the vaccine opponents. We also participated in the expert meeting *Challenges of vaccination in the Republic of Croatia - How to protect public health?* where along with other members of health system we tried to find solutions to the challenges that medicine is facing today. Aware of the importance of preventive action, we have been supporting for two years the international symposium *Štamparovi Dani - Healthy lifestyles* where we participate in public health actions. In the wish to acquaint students of medicine and interested citizens with the way of financing the health system, costs in health care and the fact that each diagnostic test costs, we organized a panel discussion *How much health care cost?*. Within the promotional-preventive program *Healthy University* we organized a forum *Where the project of the University Hospital has gone?* and wanted to investigate what happened with the mentioned project over time and where is one of the strategic goals of the city of Zagreb and the Republic of Croatia. We also organized a panel together with the Student Council of the School of Medicine, University of Zagreb, on the subject of internship – *Physician's internship*. At this forum, we discuss the problem that currently occupies most of medical students. The peak of our activity is the web site *Ask Andrija!*. The project was designed according to the principle "students for students" as the first public health portal for the student population, which as the most healthy population is often neglected within the health system. We also hold lectures in high schools. After our members go through education on sexually transmitted diseases and reproductive health, they come to schools where school population are taught about this important public health issue. By organizing event *Health for Everyone in the 21<sup>st</sup> century - Early detection of breast cancer* we tried to give answers to the issue on this topic and present the current situation in Croatia and the world.

POREMEĆAJI U PREHRANI

Midhat Jašić<sup>1</sup>, Nizama Salihefendić<sup>2</sup>, Muharem Zildžić<sup>3</sup>, Šubarić Drago<sup>4</sup>, Anja Divković<sup>5</sup>

<sup>1</sup>Farmacutski fakultet Univerzitet u Tuzli, <sup>2</sup>Medicinski fakultet, Univerzitet u Tuzli, BiH,

<sup>3</sup>Medicus A Gračanica, BiH,

<sup>4</sup>Sveučilište Josipa Jurja Strossmayera u Osijeku, Prehrambeno-tehnološki fakultet Osijek, Hrvatska

<sup>5</sup>KBC Tuzla

**Sažetak**

Uvod: Nezdrave prehrabene navike kao i poremećaji u prehrani datiraju od davnina, a danas su zbog posljedica na zdravlje postale zabrinjavajuće. Najčešće bolesti koje se tretiraju kao poremećaji u prehrani su anoreksija, bulimija i kaheksija te u novije vrijeme ortoreksija. Osim ovih sve značajnije su „binge eating“, sindrom noćnog prejedanja koji se zbog svojih posljedica mogu klasificirati kao bolesti.

**Cilj i zadatak rada:** Prikupiti i analizirati podatke o vrstama poremećaje u prehrani i njihovoj identifikaciji kao bolesti.